



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Ruthe, Heidi

Total time: 1:26:25

Club: Seeheim-Jugenheim

Number: 55

Course: 25.50 km

Rank in course/Total: 253 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 51 (of 76)

Best time in course: 1:02:40

Category:

Rank in category: 11(of 14)

weibl. AK 4 (TW 35-39)

Best time in the category: 1:03:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Schwimmen	0.50	11:53	2.52	9	44	4:13	4:13	0.50	11:53	2.52	14	14	1:08	14
Rad	20.00	44:42	26.85	8	36	9:22	10:42	20.50	56:35	21.74	11	17	5:13	17
Lauf	5.00	29:50	10.06	7	55	10:03	10:57	25.50	1:26:25	17.70	11	51	22:46	23:45